



### **Skin cancer a caution to dangerous cancer**

The American research scholars say that skin cancer can be one of the reasons for cancer of other organs. Scholars say that people suffering from skin cancer may not have life threat but it can be one of the reasons for other cancers to occur.

Anthony Elbarg, a scholar from South Carolina Medical University, which is situated in Charleston, says that non-melanoma skin cancer is not life threat, but it may be an alarm for other cancer. Non-melanoma skin cancer, which contains basal cell carcinoma and squamous cell carcinoma, are the common forms of skin cancer. Elberg says that this is a different form of cancer when compared to other forms of cancer. This type of cancer grows very slowly and does not harm when removed.

From the studies it is said that the people who have skin cancer, melanoma skin cancer is common, which is very deadly. Elberg and his friends have taken up a study on the statistics available from the 769 patients, in the last 16 years from Washington county and Maryland and has explained the dangers of cancer. The people have been identified as non melanoma skin cancer affected and the chances of getting other cancer have increased.

### **Exercise improves memory in old people**

Regular exercise is good for a person of any age group. The Australian research scholars say that regular exercise improves the memory of the old people. They can save themselves from Dementia (forgetfulness).

170 people in the age group of 50 years took part in this study. Half of them had forgetfulness but they were

not suffering from dementia. 85 of them were advised to practice exercise daily, 50-minute walk for three days was also included in it. Others were kept away from exercises.

After six months these people were tested for memory. The scholars say that those who practiced exercises had good memory when compared to those who did not do exercises. They have proved that by exercise the old people are able to activate their sensations and their problems relating to forgetfulness is also cured.

Exercise also helps people in preventing dementia. In the whole world there are 3 crores and 70 lakhs people suffering from this problem. The World Health Organization has submitted a report saying that in next 20 years there may be a huge increase in the figures. Scholars suggest that by exercising people can keep themselves away from dementia. Yog may give relief to all these diseases and people can gain health.

### **Arthritis can be detected initially**

There is a study that can diagnose arthritis at an early stage. American Research Scholars have found out a method of testing the joints, which will be able to diagnose arthritis.

Research scholars say that through M R I scan the decreasing level of glycosaminoglycans can be diagnosed. This chemical maintains the motion of the cartilage in joints. Basically the cartilage gives cushion structure to all the joints where they can be folded, arthritis is diagnosed when it weakens or breaks.

Usually people above the age of 40 have this complaint. Dr. Eleksej Jurschov of Newyork University has taken up a study and says that 'we are suggesting a

method, where we are able to remove the problems relating to cartilage, operations for joints can be avoided with this method.'

According to research scholars when the patients complain about this problem, they can include extra amount of glucosamin and chondroitin in their food. This slows down the degeneration of cartilage..

### Stay ever active and ever youth

People who are afraid of their old age or those who want to control ageing and maintain youth have good news. This can be made possible by the study, which the scholars are conducting, which says that the old age can be stopped. If they get success then just think for a while, how happy the world would be. This is not a dream but a truth. The scholars are very near to the

theory where they have concluded that the old age can be stopped.

A study says that a medicine to stop old age is not impossible. 'Nature', a famous Science Magazine, says that the puzzles, tips, medication has been suggested for people to stop old age. Dr. Judith Cepsy, of Bak Institute California for Age and Lawrence Barkley National Laboratory, has written an article in Daily Telegraph. The study says that the life of human beings can be dragged as a plastic. It is said that if the hereditary actions of ageing are stopped then people can remain young always. Old age is hereditary not the result of breakage or wreckage. The biomarker atoms, which cause old age, are being tested, when they accomplish their mission then it will prove to be a major breakthrough and people would be remain young forever.



## Subscribe for membership of 'Yog Sandesh' monthly magazine

Office : Patanjali Yog Peeth, Maharishi Dayanand Gram, Delhi-Haridwar Highway, Near Bahadrabad, Haridwar

Ph. : 01334-244107, 246737, 240008, 248888, 248999 Fa x No. : 01334-244805, 240664

e-mail: divyayoga@rediffmail.com

Sir,

I remit a sum of Rs.....through cash / MO/ DD.....dt.....  
towards the annual/ five yearly / 11 year subscription of 'Yog Sandesh'. You are requested to send  
the magazine 'Yog Sandesh' in .....language at the address mentioned  
below.

Name.....Father's / Husband's name .....

Address .....

Post Office.....Dist.....Region.....

Pincode..... Ph. No:(If any) .....

### Please Note

1. Subscription: Annual - Rs.150, Five-year - Rs.700, 11 year - Rs.1500
2. The DD should be payable in the name of 'Divya Yog Mandir Trust'
3. Outstation drafts should include Rs.70 as additional charges.
4. Please fill in the name and full address in the form.